

Use this guide to find which fruits and vegetables are in season in Arizona. To find a farmers' market near you, visit AZHealthZone.org/FarmersMarkets.

March through May

- | | | |
|--------------------------|-----------------------|-------------------------|
| Apricots ●●● | Corn ● | Oranges ● |
| Artichokes ●● | Cucumbers ● | Parsnips ●● |
| Asparagus ●●● | Grapefruit ● | Peas ● |
| Beets ● | Green Beans ● | Peppers ● |
| Bok choy ● | Green Onions ● | Radishes ●● |
| Broccoli ● | Greens ● | Spinach ●● |
| Brussel sprouts ● | Kale ●●● | Squash, Summer ● |
| Cabbage ● | Kholrabi ● | Strawberries ● |
| Carrots ● | Leeks ● | Tomatoes ● |
| Cauliflower ● | Lettuce ●● | |
| Celery ● | Onions ●● | |
| Chard ●● | | |

Buy fresh fruits and vegetables in season when flavor and price are the best!

● Low Desert ● High Desert ● Mountains



Use esta guía para saber cuáles frutas y verduras están de temporada en Arizona. Para encontrar un mercado de agricultores cerca de usted, visite: ZonadeSaludAz.org/Mercados.

De Marzo a Mayo

Acelgas ●●

Alcachofas ●●

Apio ●

Betabel ●

Brócoli ●

Calabaza de verano ●

Cebolla Verde ●

Cebolla ●●

Chabacanos ●●

Chícharos ●

Col china ●

Col de Bruselas ●

Col rizada ●●●

Coliflor ●

Colinabo ●

Ejotes ●

Elote ●

Espárragos ●●●

Espinacas ●●

Fresas ●

Hojas verdes ●

Lechuga ●●

Nabo blanco ●●

Naranjas ●

Pepinos ●

Pimientos ●

Puerros ●

Rábanos ●●

Repollo ●

Tomates ●

Toronja ●

Zanahorias ●

Compre frutas y verduras frescas de temporada cuando el sabor y el precio están mejor.

● Desierto bajo ● Desierto alto ● Montañas

